

Grimes Parks & Recreation Department

Phone: (515) 986-2143

www.grimesiowa.gov



Ages 4-5 Basketball Lesson Plans & Rules

PRACTICE DAYS 1-2-3

- Check-in Players by your Roster, Intro Yourself, Appropriate clothing-shorts/jersey, Water Bottle
- Safety Rules- stop on whistle, listen, don't shoot/dribble/pass ball after whistle
- Use 27.5 basketballs and then shoot at 6 foot hoop with extender basket.

Warm-ups (2 Groups-Start on sidelines and run crosscourt from Bleachers to Wall)-

- Jog down and back, high knees, heel kicks, power skips, shuffle feet (defensive slide both ways)
- Red Light/Green Light- run and freeze on whistle, run and freeze on command

Dribbling- demo with knees bent, legs spread apart, push ball down w/ one hand or the other

- 1 Kids spread out on your half and work on stationary dribbling in partners.
- 2 Kids go back to their sideline and dribble up and down court
- 3 Speed Dribble, Red Light/Green Light with basketball

Passing- demo pushing the ball down for one bounce to coach/partner with thumbs down.

- 1 Bounce Pass- emphasize this one to eliminate the "face passes".
- 2 Introduce Chest Pass/Overhead Pass

Lead-up Game- Hot Potato

- Working on getting rid of the ball quickly to your coach, don't be last person with the ball.

Shooting- demo the L in arm and shooting hand behind ball and other hand to the side

- 1 Shoot to your Partner- player practices pushing the ball into the air high using proper spin
- 2 Two Lines on each side of basket working on bank shots.
- 3 Dribble, dribble, shoot
- 4 Coach plays defense on player, player has to dribble around
- 5 Player plays defense on coach- player works on sliding feet with hands up on shot, rebounds ball.

Team Huddle- coach discusses skills you worked on, Q/A

SCRIMMAGE DAY 4

- Warm-Ups, Dribbling, Passing with Coaches
- Shooting
- Scrimmage- Play 5 minutes and then sub, allow 15-20 minutes to scrimmage

GAME DAYS 5-6

- Warm-ups for first 15 minutes- Running, Dribbling, Passing with Coaches, Shooting
- Game- Two 15 minute halves, sub every 5 minutes
- 1 Game Rules- man to man, half-court defense only, defense stays inside red lane, can't take ball away from dribbler. Player scores, have them pass it the next time.
- 2 Hand out Medals at the End

Grimes Parks and Recreation Dept ~ 410 SE Main St. in Grimes